

# Air Quality Index

Index	Level	Cautionary Statement
0 to 50	Good	None
50 to 100	Moderate	Unusually healthy people should limit prolonged outdoor activity.
101 to 150	Unhealthy for Sensitive Groups	Active children and adults, and people with respiratory disease should avoid prolonged outdoor exertion. Everyone else should limit prolonged outdoor exertion.
151 to 200	Unhealthy	Active children and adults, and people with respiratory disease should avoid prolonged outdoor exertion. Everyone else should limit prolonged outdoor exertion.
201 to 300	Very Unhealthy	Everyone should avoid all outdoor exertion.

